

PHYSICAL DEVELOPMENT OF HAWAII'S ATHLETES

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For about three years, during which time I have been physical director of the local Young Men's Christian Association, I have been keeping records of all my physical examinations, the results of which I will send to Chicago, where a scientist is preparing a monumental work dealing with such subjects.

In this period of time I have made, to date, 271 examinations. In no other country or community in the world could my examinations have covered what they have done here. I have had opportunities to study the physical Orient and the physical Occident and the link between the two represented by these and other mid-Pacific islands, and I have had opportunities of comparing what they were originally in their own homes with what their succeeding generations have developed into here in Hawaii.

These 271 examinations cover eight-een nationalities. Among those examined was one full-blooded Eskimo, who is, however, not here now. The Scandinavian races are represented by Norwegians, Swedes and Danes, and the Teutonic by Germans. The Lusitanian race has been represented by the Portuguese, and the Spanish, chiefly, have represented the Latin races of Europe. Englishmen and Scotchmen have also been in the classes, and with all these the entire Occident has been ably represented.

I have not had much to do with the Japanese and do not remember examining any of that race, but the physical Orient has come before me in the Chinese and Koreans. I have also had Frenchmen and Hebrews, and then there are, of course, the Hawaiians and half-breeds born in the islands.

All these people were born in the countries they represented and were not a second generation thoroughly Americanized. Of course, everybody knows that the average white man is the equal or superior of the average Oriental, but nevertheless the strongest men in the islands are the Chinese, at equal weights.

Generally speaking, the Germans make the best gymnasts—that is, better than any other nationalities that have come under my direction. The Swedes are next. The German has his strength from the waist up, while the Scandinavian is the best developed from the waist down.

In athletics the local born have proven the best, at least at the shorter distances. The Hawaiians and the Hawaiian-Chinese mixture have so far proven the fastest at short distances and are ideal there. The whites are the best swimmers over a short course, notwithstanding the adeptness of the Hawaiian in what might be called his native element.

The characters of the racial individuals show to a great extent the characteristics of the nation, and that character can best be observed when the individual is in athletic competition with others supposedly his equals.

The whites make the best losers—that is, the Germans, English, Americans and so forth will take a lost race less to heart and immediately buckle down to work and try to turn the tables. The Anglo-Saxons, as a matter of history, have that trait developed to the greatest degree, and as they have conquered in almost every war they undertook, even after being almost annihilated in the commencement of some of them, so they have annexed most of the honors in the miniature wars of the field and track.

Of course, that is a matter of general athletics, but the trait is more prominent here in Hawaii, where the Anglo-Saxon is opposing a score of varied races for athletic honors, and that is

the reason I mention it, for it establishes a standard of comparison.

After the Anglo-Saxon the Portuguese are the best losers, but they have not got the former's recuperative powers. They have not distinguished themselves very noticeably in athletics, for they do not go in for them as do the others, but where they have gone in they have made good records for themselves.

The Chinese is a plucky little contestant, but only under certain conditions. If he goes up against better men he is "buffaloed" from the start and will not put up a good showing. If he is fairly confident that he has his opponent beaten he will do about five times better than he would otherwise. This mental quality in the Chinese acceptance of athletics applies to other matters as well, and it is this that I mean when I say that the character of the individual gives a lead on the characteristics of his race.

For instance, a Chinese hardly ever takes up stenography. He isn't fitted for it and it comes hard, and when it comes hard he just simply gives it up, for there are others working right alongside of him that are beating him out on it. When it comes to mathematics, he has powers equal to any others. The school examinations will show that he can do the others up at that game.

The Hawaiian is willing to get into athletic contests, but he is "done" when somebody else gets the lead and shows a fair possibility of keeping it. When he loses the lead, he is just about pan with the race. This trait is similar to that possessed by the Chinese, as mentioned above, but it is not so strongly developed as in the Oriental.

In the gymnasium the Chinese are artistic, more so than any other race. They are far better at gym work than they are in athletics, and they are willing to keep at it until they learn it. I have known Chinese boys, under my direction, to take up some stunt that I firmly believed them unequal to. They would disappear for some time, and then show up again with it completely mastered, as expert at it as anybody. One who has played in most of the Y. M. C. A. tournaments is an illustration of this. A year or so ago he had never seen a handball court, or even the inside of a gymnasium, but now he has trimmed everybody he has met and has lost but one game in the present tournament.

From the physical standpoint the Chinese are the poorest breathers, for they don't know how to use their lungs. As a matter of fact, few people on the islands here in the tropics do breathe correctly—that, of course, referring to the local born. I can't say what the cause of it is; whether the warlike condition of the air makes the lungs lazy or whether it affects the breathing muscles is impossible to determine, but the fact remains.

White men who have been here for some time, that is, twenty or twenty-five years, fall into the same habits of poor breathing but on the other hand, the boys can develop good breathing powers when they train properly. The reason we have such poor mile runners is due to this same lack of proper breathing; they just can't breathe. We have ideal short distance runners, but then a man can run a hundred yards without breathing.

The second reason for the lack of long distance men is the poor development of the legs, but the last and greatest of the reasons is the great weakness of the back muscles. This refers to the island born of all nationalities. Those boys who have made good on the track are natural runners. With systematic leg work for the development of the thigh, knee and ankle joints added to mat work and rope climbing to develop the back there would be a change in the island records. If the runners followed this procedure there would be some surprising results in a year's time and there is not the slightest reason why we should not make state records with the athletic material the islands furnish.

HOW THE RACES COMPARE.

Basing comparisons on the modern model—not the Greek model			
—Hawaii's athletes compare as follows:			
USING WEIGHT AS A BASIS		USING WEIGHT AS A BASIS	
Best	Poorest	Best	Poorest
Proportioned	Proportioned	Proportioned	Proportioned
Greeks	Chinese	Greeks	Hawaiians
Germans	Chest	Chinese	Chest
Portuguese	Waist	Portuguese	Waist
Germans	Back	Greeks	Back
Hawaiians	Fore-arm	Chinese	Fore-arm
Americans	Upper-arm	Chinese	Upper-arm
Hawaiians	Thighs	Scandinavians	Thighs
Scotch	Calves	Scotch	Calves
English	Lungs	English	Lungs
Scandinavians	Stomach	Hawaiians	Stomach
Swedes, Norwegians, Danes included among the Scandinavians.			
A very few Hawaiians with small per cent Chinese blood are included among the Hawaiians.			
Portuguese included among the Americans.			

In physical development the Chinese have the best backs. As I said above, this race is the strongest of any represented in Hawaii when it comes to men of equal weights, but his back is the Chinese's principal physical asset. The natives are big heavy men, splendid physically and as a rule well proportioned but seldom an equal to those of other races who are of the same weight as themselves. His arms are the best developed portion of him and his chest also, which is particularly poor in the other races, is one of his good points. The Chinese have probably the poorest arms. They are thin but they are strong and the Chinese wiriness and toughness makes up for

this poor development. The Japanese are probably the strongest but they don't know how to use their strength and an untrained Japanese is no match for any of the other nationalities in athletics.

In discussing the physical development of a people or peoples as the case is in Hawaii, the discussion of the sports and athletics is imperative because changed conditions have left these the only thing that a nation can fall back on to preserve its trained physique. The old days of the tilting and tournaments, constant war and constant toil in the fields for a livelihood kept the races hardened up to the period where mechanical civilization did

away with the most of hard labor and left the gym and the athletic field almost the only means of preserving a properly trained body.

The lack of good athletics in Hawaii is due to a lack of preparation, a lack of consistency and other reasons equally telling. This lack of preparation refers to both the training of the individual and team practice before a certain season opens up. This does not refer to rowing for that sport is kept going by those who indulge in it constantly and is a good thing.

The reason that people get tired of local sports is the fact that poor games are put up, looking almost like practice games. The practice should have been done long ago, before the people pay their money to see it. Lots of practice before the opening of the season followed by a short schedule would make the public better satisfied with the games and the sports and would at the same time give the players the same amount of play. If the practice in baseball, for instance, started five or six weeks before May 15 to get into shape and then was followed by a four months' schedule, we would get better results than from a schedule starting in the middle of April and lasting eight months or so.

One thing that kills sport in Hawaii is the fact that every man has a hobby in athletics. The English and the Scotch like soccer (association) football and the American likes intercollegiate football and baseball. The Hawaiians and Orientals all like baseball, but the English and Scotch won't bother with it, and so forth. Two weeks after the baseball season closes

let the practice of football commence and let the season for football continue until Thanksgiving, never later. Then let the soccer players get on the gridiron and continue the season. While the collegiates are playing the season, the soccerites can be practicing the football season will come without a break.

Rowing should take place in June or September. We are handicapped by having a small community, but at the same time vast opportunities for both land and water sports. A general uniformity in the seasons permits practice and play at any time and the community drawn upon to support both water and other sports is too small. This small community is also small, makes it still harder. Most communities of the size of this one have no water front and land sports occupy their whole time.

I would like to see the rowing rowed off in the spring because rowing is good training for the track, and the field practice is good training for the oars. The track season should start by May 1, and with such good weather there is no excuse for baseball action in the year, although we have to have it on account of the schools closing earlier.

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